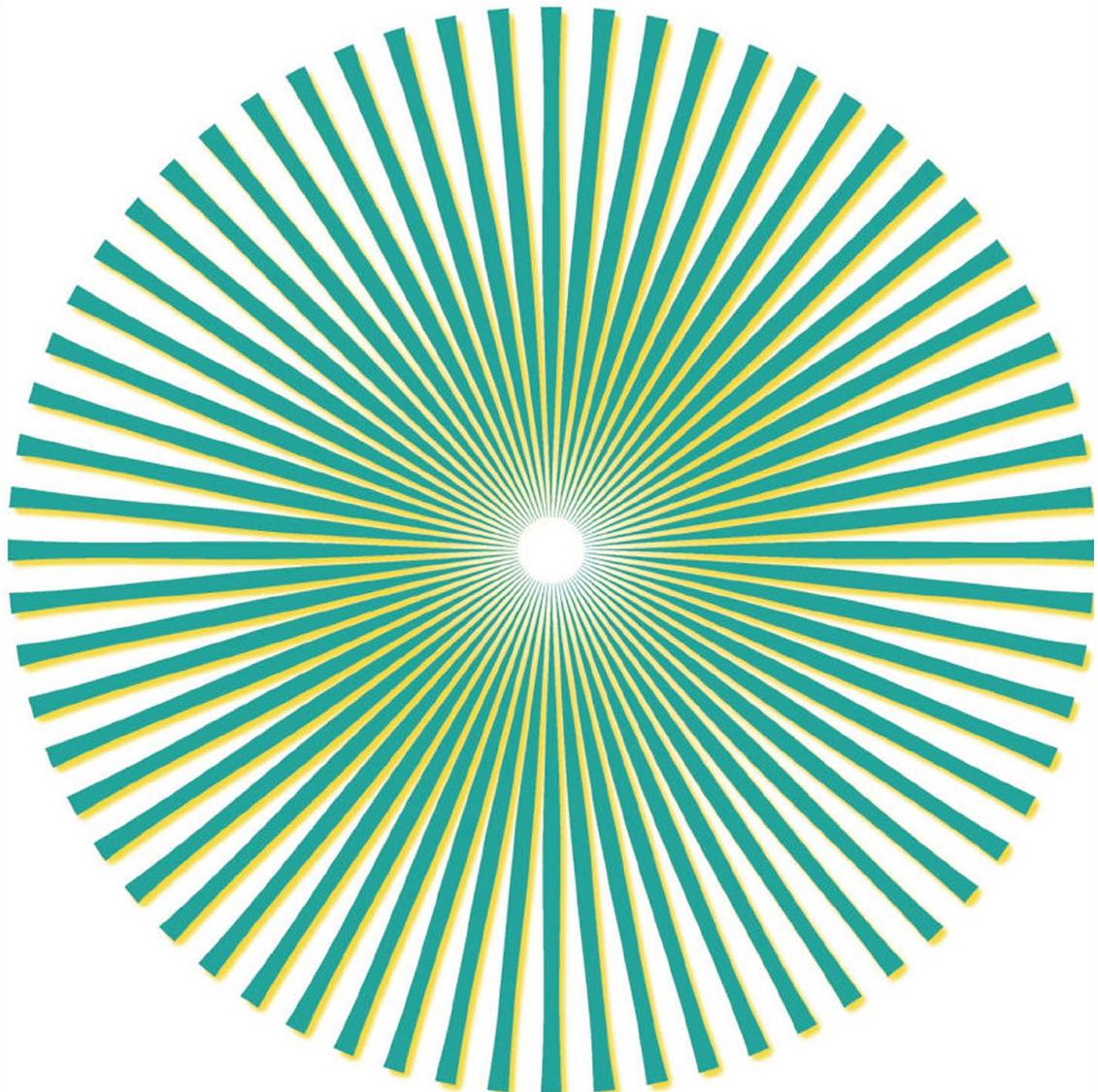


ASIAN AMERICAN PSYCHOLOGIST

Asian American Psychological
Association Newsletter

FALL 2018

Donna Lynne Demanarig, PhD
Sunny Ho, MA. EdM
Co-Editors-in-Chief



CONTENTS

3	President's Column HELEN HSU, PHD
5	Finance Report NELLIE TRAN, PHD Membership Report KAVITA ATWAL, PHD
8	Alien Nation DARCY S. F. ING, PSYD
9	Efforts to Stem Human Trafficking Around the Globe: SAFE Coalition for Human Rights KALYANI GOPAL, PHD, HSPP
10	Through a Mirror of Our Own: Optimizing Asian American Psychology Through Immersion at AAPA MATTHEW R. MOCK, PHD KENNETH LEONG, BA, PSYD CANDIDATE MICHELE WOO, BA, PSYD CANDIDATE
12	<i>Opinion Piece: Caught in the Middle: A Call for Asian Initiative</i> PRIYA BANSAL, DOCTORAL CANDIDATE IN COUNSELING PSYCHOLOGY
13	<i>Opinion Piece: Why More Asian American Psychologists Should Practice Soft Diplomacy</i> MATT LEE, NORTHEASTERN UNIVERSITY
15	AAPA Newsletter Team
18	Announcements
19	Advertising Policy



BY HELEN HSU, PHD
President

Happy Autumn to the AAPA Family!



I hope you are all experiencing a productive Fall quarter/semester, had a joyful Moon Festival with family, spread some knowledge throughout Filipino American History month, and are preparing for a festive Diwali.

It's been a busy October as I've been traveling or away from home base 15 out of 31 days. Here are a few observations and updates I'd like to share:

I'm very proud to note that I have noticed a clear uptick, or rather a small explosion of AAPA members' names coming up as leadership role candidates, award nominees, and fellowship applicants.

At the APA Minority Fellowship Program Training Advisory Committee (TAC) Retreat we had an amazing unprecedented pool of AAPA candidates for the upcoming TAC position when Paul Leung cycles off his term in 2019. Ulash Thakore Dunlap and I were forced to recuse ourselves entirely from the selection vote as we personally know and treasure every candidate.

A similar trend has appeared in our AAPI student MFP fellowship applicants, and I want to reiterate how impressed I was by the competitive ballot of our last AAPA elections (especially the wonderful student candidates) and the recent DoFa candidates.

Keep it up everyone! Nominate your colleagues and self-nominate yourself! We only grow at the outside edges of our comfort zones and all of us in leadership can share tales of having been not selected, wait-listed, honorable-mentioned, etc.

Keep on mobilizing for leadership positions and recognitions! We know there is great life wisdom among our membership and we remain committed to lifting one another up.

Richelle Concepcion and I have just returned from presenting at the National Latinx Psychological Association Conferencia: Navigating the Mosaic of Latinx Culture. Richelle also represented us at the Council of National Psychological Associations for the Advancement of Ethnic Minority Interests (CNPAAEMI) and we both attended The Alliance meeting. The consensus among our fellow ethnic psychological associations is to continue seeking collaborations and common ground, even as the larger political context around us grows increasingly divisive. Within the next month or so we will be publicly debuting the Casey Foundation report on the Color of Justice, a joint project under the Alliance begun under the leadership of past AAPA Presidents Sumie Okazaki and Kevin Nadal.



Photos submitted by Dr. Hsu



*The National Latinx Psychological Association
Conferencia: Navigating the Mosaic of Latinx Culture
Convention Center*

With Richelle Concepcion (second to the right) at the *National Latinx Psychological Association Conference*



Dr. Chang teaching Lomilomi Hawaiian massage



Okura Fellows - Dr. Hsu & Dr. Liu-Tom

Finance Officer's Report for the Asian American Psychological Association

It is my pleasure to provide the following information about AAPA's financial health. As of October 31, 2018 we have \$144,035.46 in our checking account, \$3,832.80 in our money market account, and \$9,892.90 in our PayPal account for a total of \$157,761.16. Our income is generated from membership dues and journal subscriptions and downloads.

As is typical, the majority of our expenses pay for journal subscriptions for the membership. This expense is already included in your member dues. Other typical expenses this quarter include maintenance of the AAPA website to Bustout Solution. We are also continue working on building additional features to the website that will eventually be additional benefits to the membership. More details will be provided as they become available.

It is my honor and pleasure to once again share the transition that has been occurring with the Finance Officer position. What has always been a singular position will now be shared between two co-chairs, Dr. Devika Srivastava and Dr. Matt Lee. As AAPA has grown, our financial tasks have also grown in complexity and time commitment. I look forward to their leadership and thank them for their service and commitment to the financial stability of AAPA.

Thank your for the privilege of serving as your Finance Officer. I have learned a great deal about our association and the tremendous growth we have had in the last decade. I am honored to continue on serving AAPA in the role of your Vice President.

BY NELLIE TRAN, PHD
Finance Officer



Membership Officer's Report for the Asian American Psychological Association

Hello AAPA Members,

The AAPA currently has a total membership of 1,087 members. Please see the table below for a breakdown of the membership categories.

If you have not yet renewed your AAPA membership, we encourage you to renew your membership on our website so that you can begin to enjoy the many benefits of being a current AAPA member. Your membership will last for an entire year from the date that you renew your membership. AAPA's membership has been steadily growing and we would like to see this trend continue, so please help us to recruit new members to join our AAPA community!

Membership Categories	Number
Students	650
Professional	426
Emeritus	11
TOTAL	1,087

You can easily join or renew your AAPA membership through our website at www.aapaonline.org.

If you have any questions or concerns regarding AAPA membership, please do not hesitate to contact me at kavitaatwal@gmail.com. Thank you for your continuing support of the AAPA!

BY KAVITA ATWAL , PHD
Membership Officer



2018 AAPA Membership Application Form

Please check one: New Member Renewing Renewing, but new category (e.g., Student to Early Career)

If you were referred by an AAPA member, please list person: _____

A. All Members -- Please complete the following:

Name: _____ E-mail: _____

Mailing address: _____ City _____

State _____ Zip _____ Phone: _____ Gender: _____

Highest degree earned: _____ Year degree earned: _____

Institution from which this degree was earned: _____

Ethnicity: _____ Languages (other than English): _____

Research/Practice Interests (5-6 words):

Areas in psychology in which you received or will receive your degree (e.g., clinical, I/O, social, etc)

I permit AAPA to release my contact information (name, address, email) and/or research interests:

To professional organizations? _____ YES _____ NO

In AAPA member directories (e.g., print or on the website)? _____ YES _____ NO

To prospective employers? _____ YES _____ NO

B. Professional & Retiree/Emeritus Members -- Please complete these items:

Institutional/Organizational affiliation (if employed, current; if retired, previous and year retired):

Position Title (current/previous):

C. Student Members only -- Please complete these items:

School where you are enrolled: _____

Degree objective (e.g., Ph.D., Psy.D., MA., M.S.W.) : _____

Expected graduation date: _____

Please Note: Membership in AAPA runs one year from the date when membership dues are received. You can register online (for new or renewed membership) at our website, www.aapaonline.org. If you wish to mail in your membership application form and payment to our central office (see address below), please allow 6-8 weeks for processing. Checks not honored by your financial institution will be subject to a \$25.00 fee.

Please make your check payable to AAPA and send this entire form with your payment to:

Asian American Psychological Association
9393 N. 90th Street, Suite #102
Mailbox #515
Scottsdale, AZ 85258

Description of Membership Statuses

Professional Members - Persons with a master's or doctorate degree in psychology, mental health, health, or related fields and/or professionals whose work and interests are consistent with the purposes of the Association.

Retiree/Emeritus members - Professional members who are retired from their positions. These persons must have been a member of AAPA for at least 5 years before paying dues at this level. Retiree/emergitus members pay dues at one-half the rate as professional members.

Student members - Undergraduate or graduate students in psychology, counseling, mental health, or related fields. *Student members of AAPA also automatically become members of the Division on Students with no additional fee.* Ten dollars in dues support the Student Division, while the remaining dues support AAPA.

DUES & DONATIONS		AMOUNT	ENCLOSED
A. General Membership (1year)	Professional Member	\$70.00	\$
	Retiree/Emeritus Member	\$20.00	\$
	Student Member	\$35.00	\$
B. Division on Women ¹	Division Member	\$10.00	\$
C. Division on South Asian Americans ¹	Division Member	\$10.00	\$
D. Division on Filipino Americans ¹	Division Member	\$10.00	\$
E. Division on LGBTQ Issues ¹	Division Member	\$10.00	\$
F. Division on Practice ¹	Division Member	\$10.00	\$
G. Division on Asian Americans with Multiple Heritages ¹	Division Member	\$10.00	\$
H. Division on Students ¹	Division Member	\$10.00	\$
I. Donations ²	General Fund	\$25 \$35 \$50	\$
	Dissertation Grant	\$25 \$35 \$50	\$
	Best Poster Award	\$25 \$35 \$50	\$
	Student Travel Award	\$25 \$35 \$50	\$
	Division on Women	\$25 \$35 \$50	\$
	Division on South Asian Americans	\$25 \$35 \$50	\$
	Division on Filipinos	\$25 \$35 \$50	\$
	Division on LGBTQ Issues	\$25 \$35 \$50	\$
	Division on Practice	\$25 \$35 \$50	\$
	Division on Asian Americans with Multiple Heritages	\$25 \$35 \$50	\$
	Division on Students	\$25 \$35 \$50	\$
TOTAL AMOUNT ENCLOSED			\$

¹Membership in the Division on Women, Division on South Asian Americans, Division on Filipino Americans, or Division on LGBTQ Issues is optional, but you must be a member of AAPA to join.

²AAPA is a tax-exempt organization under IRS code section 501c (3) and all donations to AAPA are tax deductible. As a nonprofit, AAPA and its Divisions accept donations to help finance activities. Please consider donating.

Alien Nation



BY DARCYS F. ING, PSYD

I have a friend who left an emotionally and verbally abusive marriage. Her ex-husband lied, forbid her to work, micromanaged the household, and belittled her choices and physical appearance in front of others. He threatened her with never seeing their children again if she tried to leave him. My friend, who's now in therapy, is now struggling to understand what happened and to begin her healing. Her stories of her ex- were full of what John Gottman's research called "The Four Horsemen."

It is natural to gravitate towards people who are like us, and it is not easy...it will will never get easier to bring different groups together."

-Peter Storey

Gottman used the New Testament's Four Horsemen of the Apocalypse (conquest, war, hunger, and death) as a metaphor to describe problematic communication in relationships that he called warning signs. His Four Horsemen are criticism, contempt (disrespectful attacking from a place of moral superiority), defensiveness (victimizing yourself to ward of attack and reverse blame, usually a response to criticism), and stonewalling (shutting down and withdrawing, usually a response to contempt). Contempt, he said, is the worst of the four, the most destructive negative behavior in relationships, and the number one predictor of divorce.

Similar to my friend's experience, many other people are feeling emotionally and verbally abused by our nation's political discourse. Articles and interviews are full of inflammatory rhetoric, shaming and blaming, defensive self-righteousness, oversimplification of complex issues, and "alternative facts."

The media is full of malicious, cruel, and defamatory remarks, eventually inciting people into destructive action. New York Times writer Howard Fineman stated, "The bloodshed in the Tree of Life synagogue is a sign that hatred of The Other is poisoning our public life." In his grief about the mass murder, he recognized that, "... this horror is part of a larger pattern of mayhem and hatred in American and around the world. Churches, minority communities, gay nightclubs, politicians, and journalists are threatened."

I can't claim to have any solutions to this very complex problem. However, it did occur to me all of us can make an effort to change our own communication with The Others, to remember to see them as human beings. To do so, we need to recognize when Gottman's Four Horsemen (criticism, defensiveness, stonewalling, and contempt) are influencing us, or when we're avoiding having the conversation at all. Many of us were taught to avoid difficult conversations about politics and religion. What we should have been taught was how to have a civil conversation with those we disagree with. However, just as couples can learn to change their conversation, we too can begin to change how we think about and talk to "them."

Peter Storey writes "... it is natural to gravitate towards people who are like us, and it is not easy, it will never get easier to try to bring different groups together." Yet the burden of trying to reach out, despite the difficulty, needs to happen for our nation to heal. Terrorists (and some politicians) use the fear of the different to manipulate us and achieve their agenda. But we need to recognize what is happening, and actively think about who we are, and who we want to be.

Doing so involves honoring differences, and at times, to agree respectfully disagree. Gottman said identifying the Four Horsemen is just the beginning. Couples also need to replace destructive communication with healthy productive conversation. Criticism is replaced with I-statements followed by stating positive needs. Defensiveness should be replaced with listening to the partner's perspective (and underlying feelings), accepting responsibility for your own, and apologizing for any wrongdoing. Stonewalling is replaced with taking a break and self-soothing until ready to reengage. And finally, contempt is replaced with reminding yourself of your partner's positive qualities, and finding gratitude for positive actions.

None of this is easy, and there's no requirement to do it all the time. In my case I only try with those willing to at least try to be respectful, and when I have the time and energy to put into the relationship.

Efforts to Stem Human Trafficking Around the Globe:

SAFE Coalition for Human Rights

BY KALYANI GOPAL, PHD, HSPP

In the Fall of 2013, I co-chaired a symposium on Human Trafficking during the Annual Convention of the Illinois Psychological Association in Chicago. Six people were in the room, and three survivors and their mentor were on the panel. They felt unheard and voiceless as next door, a huge family event of football enthusiasts were loudly cheering their children and coaches. The contrast was stark. My co-chair and I took them out to lunch and promised them that the next year, the world would hear their voices. SAFE Coalition for Human Rights was, therefore, conceived in that room and birthed in March 2014 as a 501 C 3 Illinois Nonprofit. We hosted the first global conference on human trafficking, where we had a paradigm shift making our survivors "experts" and in charge of how the convention progressed. In the end, they gave us a report on the last day. This was also the first time a conference of this breath was broadcast to 10 nations around the world. Subsequently, we have hosted two more global conferences in 2016 and recently in September 2018, going from 10 nations by broadcast to 25 attending nations and this year to 73 attending nations. It has been a tremendous journey.

Asian labor and children are trafficked to the Middle East, Europe, Australia, and the United States. It is a 150 Billion Dollar industry with 40.2 Million slaves worldwide, second only to the drug cartels. While drugs once used are gone, people can be sold over and over again, the average child being raped 6,000 times during their time in slavery.

As an Asian American, my hope is that we continue to raise the awareness of human trafficking of Asians around the world especially with child marriages, labor exploitation, sex slavery, organ transplant, and migration trafficking. Trafficking violence is a huge issue that accompanies all forms of trafficking.

If you wish to volunteer or conduct research, kindly contact me. We need researchers to work on trafficking numbers, data pools, working on our library, and developing data sets. We need volunteers to help with membership drives, setting up trainings, and working on our programs.

Kalyani Gopal, Ph.D., HSPP

President-Elect, Illinois Psychological Association

Member, National Register of Health Service Providers in Psychology.

Board of Directors, APA Society for Clinical Psychology

Past President, Section IV, Div 12, APA, Clinical Psychology of Women (2012-2014)

Founder/CEO, SAFE Coalition for Human Rights (SAFECHR) 501C3 Nonprofit

President, Mid-America Psychological and Counseling Services, PC

Illinois, Indiana, Florida

Corporate Headquarters:

7725 Broadway, Suite A

Merrillville, Indiana 46410

Phone: 219-513-8508

Fax: 219-513-9925

www.safechr.org

<https://twitter.com/safechr>

www.Facebook.com/safecoalitionforhumanrights

www.midapsychologicalcounseling.com

<https://www.linkedin.com/in/dr-kalyani-gopal-664a9716>

Through a Mirror of Our Own: Optimizing Asian American Psychology Through Immersion at AAPA



MATTHEW R. MOCK, PHD
Adjunct Professor
California School of Professional Psychology
Alliant International University
San Francisco, California



KENNETH LEONG, BA

During our workshop presentation “Optimal Teaching of Asian American Psychology: Having Historical, Cultural Communities Come Alive” that Kenneth and I (Matthew) made at the Asian American Psychological Association 2018 Convention we presented ideas for learning about Asian American psychology. Optimal teaching and learning about Asian American (AA) psychology, psychotherapy and social justice may be best done through strategies of embedding, infusing and integrating multi-modal content, process into related clinical practice ideas. While many courses often use solely intellectual methods, the session demonstrated the merits of going beyond by engaging all learners’ minds, hearts, and spirits in true “soul” work as psychologists. In many ways this paralleled our experiences from attending the AAPA Convention. As taught in our session, ways of unique teaching of Asian American (AA) psychology should bring issues of critical history, Asian cultural identities, social and political movements, family and community empowerment, intersectional identities to the forefront. We should also “push boundaries” within the realm of psychology to reflect our AAPI experiences.

With over 20 years of data teaching a specific Asian American socio-cultural and psychological class to several hundred doctoral psychology students, I (MM) used this as a reference point for the success of immersing each participant in community activities, events, and cultural history that intensely exposes them to AAPI information steeped in psychologically relevant content. Analyses of data were used to show the pedagogical, practice-based effectiveness as well as the unique ways



MICHELE WOO, BA

psychological content, process and culturally responsiveness clinical practices for AAPIs are taught through this course. The ramifications of this unique, cutting-edge and creative teaching were dynamically presented with in-context teaching examples accompanied by graduate student responses. The voices of students as essential contributors to my course’s success were highlighted. With this spirit I (MM) asked some of my CSPP students what their first-time experience of this AAPA convention was like.

One CSPP student, Michele Woo, provided these comments: “The 2018 AAPA Conference in San Francisco as a first-time attendee was impressive and a standout. The flow of the conference was very smooth which allocated time for breaks and moving from one session to the next. Breakfast items and refreshments were offered all day, which was a huge plus. The bookstore had a large selection of discounted academic books as well as fictional/non-fictional. I was able to purchase a great book to start reading at an affordable price being a graduate student an all. The keynote speaker Reverend Trinity A. Ordonia opened up the conference and shared her experiences as a civil rights activist, and it was quite inspirational to hear the history and changes she has seen over the years. There were a variety of captivating breakout sessions with topics that were considered difficult dialogues, interactive sessions, and research symposia. I was able to participate in each type of breakout sessions, and they were all spectacular.

CONTINUE *ALIEN NATION* BY DARCY ING, PSYD

For me, such dialogues can be very draining, though also rewarding. Sometimes I try to start a dialogue, or the other person with me, usually because we were friends at one point in our lives. Sometimes we find common ground, admit to mutual dislike of political dysfunction, or at the very least, agree to disagree.

At other times, when I am upset about some suffering third party, my acquaintance will evidence *schadenfreude*. I find joy in the pain of others to be incomprehensible, and rarely know what to say when my friend starts snickering. Perhaps at a point like this, I can recognize the stonewalling, and leave the situation until ready to return. It takes two people to build a relationship, both parties need to be willing.

Gottman's approach is not a panacea. You might be too upset or disgusted to try, and I don't blame you. The other person may be too emotional or vehement to listen to you. Dialoguing with one person won't fix the fractured American political system, let alone our complicated global issues. This is only one tool of many offered to help deescalate this volatile situation. And there's something in it for you too.

According to Eliana R. Simon-Thomas, beginning to have a positive and more pro-social outlook towards our peers predicts greater self-reported happiness. On the other hand, peer anti-social (irritable and argumentative) ratings predicted lower self-reported happiness. That is, the more compassionate, forgiving, and positive people were, the better they rated the quality of their relationships. Practicing positivity and changing our outlook to be more hopeful helps our outer and inner lives to match up.

This process won't be short, and it won't be easy. However, I hope that each of us can begin to start a dialogue with others and build at least one relationship. Sarah Silverman's dialogue with an angry man on Twitter changed his life. (<https://www.menshealth.com/trending-news/a19545958/sarah-silverman-twitter-exchange/>). As we have seen, we cannot depend on our leaders to heal what is wrong with politics. Lasting change begins at the grassroots level, with each of us.*



CONTINUE "*THROUGH A MIRROR...*" BY MATTHEW R. MOCK, PHD; KENNETH LEONG, BA; MICHELE WOO, BA

Topics such as Optimal Teaching of Asian American Psychology: Having Historical, Cultural Communities Come Alive, Building Bridges Between Asian Americans and Asian Internationals, and When We Become (In)visible: Interactions of Identities and Subjectivities Within the Clinical Dyad. The discussion of the topic of Building Bridges Between Asian Americans and Asian Internationals opened my eyes because I was unaware there was an exclusive paradigm between the two. To be able to hear the voices of Asian International and Asian American students allowed me to reexamine my own biases. I had the opportunity to meet many individuals within and outside of the field from numerous other states. Discussions in many of the topics I participated in had an impact on me because it allowed for a safe environment to speak up and to hear the different perspectives, values, and beliefs of my colleagues. Towards the end of the conference, there were poster sessions on numerous topics. I found the poster sessions incredibly helpful because it allowed me to brainstorm with many other colleagues about their area of interest and exploration of research topics for myself. My overall experience at the 2018 AAPA Conference is one to remember, and I plan to attend many more." (Michele Woo, PsyD Student)

As my co-presenter, Kenneth offered some of his perceptions. "It was my first time attending the AAPA Convention. In anticipation, I imagine the convention to be solely professional and scholastic, a place for exchange of knowledge and research. This turned out to be true. However, in addition, I was surprised by the warmth and the sense of community that the members of AAPA embodied. The convention seemed like a gathering place where relationships are formed. I also had an opportunity to co-present with my instructor, Dr. Matthew Mock. Dr. Mock, along with the AAPA, gave me a platform to share my experiences as an Asian American pursuing a doctorate degree in clinical psychology and as an immigrant who grew up in San Francisco's Chinatown. These experiences that I had usually felt as invisible to others were heard and seen by the people at the convention. Furthermore, I took away with me inspiration and encouragement by other members' narratives and passions." (Kenneth Leong, PsyD Student)

In summary the 2018 AAPA Convention, as with our interactive session, provided a prime opportunity to teach and learn also about social justice, historical injustices and the need to commit to social justice advocacy professionally amid the remarkable Asian American and Pacific Islander (AAPI) communities that surround us. In my (MM) graduate course students learn succinctly about some of the psychology, history, cultural influences, diversity and experiences of Asian Americans underlying historical injustices. To learn about these directly from some of the original researchers, writers and current psychologists are priceless. In summary, cultural competence and responsiveness in working with Asian Americans means not only understanding others, but also understanding ourselves, and the communities around us. It is clear the 2018 AAPA Convention afforded us the rich, unique opportunity to do so.*

Caught in the Middle: A Call for Asian American Initiative



Priya Bansal
Doctoral Student in Counseling Psychology
University of Maryland, College Park

Conversations about race relations in the United States have historically been among racial groups who primarily experience marginalization and those who primarily experience privilege. However, lost are the voices of racial groups who experience both. As Asian Americans, we are in the unique position of having endured race-based discrimination while also experiencing race-based privilege against other non-White racial groups. The most striking illustration of this dynamic is the model minority myth, under which Asian Americans are considered to be the “ideal minority.” This construct is a stereotype which assigns privilege to Asian Americans at the expense of other non-White racial groups, while simultaneously holding Asian Americans to a higher standard than others and reinforcing our “perpetual foreigner” status in the United States. The model minority myth has affected Asian Americans in a number of ways: within our group, where there is a divide between those who fit the stereotype (academically, financially, or otherwise) and those who do not, as well as outside our group, where there is a divide between Asian Americans and other non-White racial groups.

In light of the recent Affirmative Action lawsuit against Harvard (<https://www.nytimes.com/2018/10/15/us/harvard-affirmative-action-asian-americans.html>), it is becoming increasingly important for Asian Americans to find our voices in conversations about race relations. It is uncomfortable for people to acknowledge their own privilege against others – so uncomfortable, in fact, that there are groups dedicated to facilitating conversations about race-related privilege (see “Anti-Racism and Ally Building Group” <https://www.counseling.umd.edu/cs/clinical/group/>). While these groups can certainly be beneficial for the people who participate, they do not address the unique balance that Asian Americans maintain between our marginalization and our privilege. I often find myself wondering how to talk about my marginalization without ignoring my privilege, or how to talk about my privilege without minimizing my experiences of discrimination. It is difficult to know how or where to start the conversation when there are no guidelines for doing so. However, the voices of Asian Americans have long been missing from conversations about race relations, and it is time for us to take initiative. The reality is that experiencing both marginalization and privilege means that Asian Americans are both victims of discrimination and perpetrators of it. Until we take the initiative to acknowledge both sides of our experience and to vocalize our position as both sufferers and perpetrators, conversations about race relations in the United States will continue to have incomplete perspectives. Asian Americans are here; we just need to start talking.

Why More Asian American Psychologists Should Practice Soft Diplomacy



Matt Lee

Northeastern University

Contact: mat.lee@northeastern.edu or Instagram: [wheres_matt](https://www.instagram.com/wheres_matt)

For half of 2017, I lived and worked abroad in the country of Croatia on a funded William J. Fulbright teaching scholarship. These prestigious US-government funded grants provide opportunities for scholars to teach, conduct research, or both, under the promise of what the Fulbright Commission calls “soft diplomacy.” As working visitors, practicing soft diplomacy means being in a position to promote unity and cross-cultural collaboration, in as much that we are ambassadors for the United States and its ideas about democracy and innovation. I operationalize soft diplomacy as opening up lines of communication between members of different cultural groups so as to gain new perspectives about what life and culture are like somewhere else.

As someone who loves international travel and culture, I relished the position and the opportunity to make connections with locals who might not ever have the opportunity to meet and converse with someone from the US, moreover someone with Asian heritage, and moreover someone with background training in mental health. Armed with my language ability and genuine curiosity, I made friends with Croatians up and down the coast. Friends from the States who visited me that year couldn’t believe so many locals were happy to know this Asian guy (locals knew me as “Mate” or “Matej”) speaking their language!

Thus, I selected Croatia for my Fulbright for a few reasons. It is perhaps my favorite country because of its charming Mediterranean climate and food culture (the city where I lived, Zadar, has been said to have the most beautiful boardwalk in the world), stunning architecture and landscapes, and ease of access to pursue other cross-cultural opportunities (which I did by giving Fulbright-funded talks in Dortmund, Germany, and Potsdam, Germany, the latter under auspices of our AAPA colleague Dr Linda Juang). In my travels to the Balkans over the years, I had also learned from many friends and locals about the ethnic tensions that have plagued the region and have contributed to citizens’ continued experiences of PTSD, depression, and anxiety, as well as nationalistic tendencies. I applied to the Fulbright with the intent to somehow give back to people who have lost so much from the ethnic conflict that happened there in the early 1990s, and who shared with me their stories of survival and hope. During my time abroad in 2017, I taught at the University of Zadar and gave talks to high school and college students all over the country about mental health, campus climate, intergroup dialogue, and cross-cultural communication.

Prior to my Fulbright, I had taught abroad in Romania for 8 years in the summer, learning a lot about Eastern European culture, living in a post-communist state, and human rights and injustice. I taught courses there on cross-cultural psychology and ethnic identity. Students in both Romania and Croatia found to me to be a very “atypical” professor being that I wasn’t an older White man. So did professors! Students also found it surprisingly comfortable in my classes to talk about mental health, race and ethnicity, gender and sexism, queer psychology, and religious identity in the classroom. “We don’t talk about this!” they would exclaim, often on the first day after reviewing my syllabus. But on the last day of the class, after weeks of lecture, personal reflections, and intergroup dialogue (my preferred teaching style combines these elements), students frequently have become friends with each other, shared more than they thought they would, and also realized the benefits of meeting an “American” with a perspective and classroom pedagogy different from other foreign professors they had met before. Students have told me on the last day of class how much they enjoyed meeting me, and moreover that their classroom setting was safe to talk about things that they had known little about, and that they felt the content was “actually

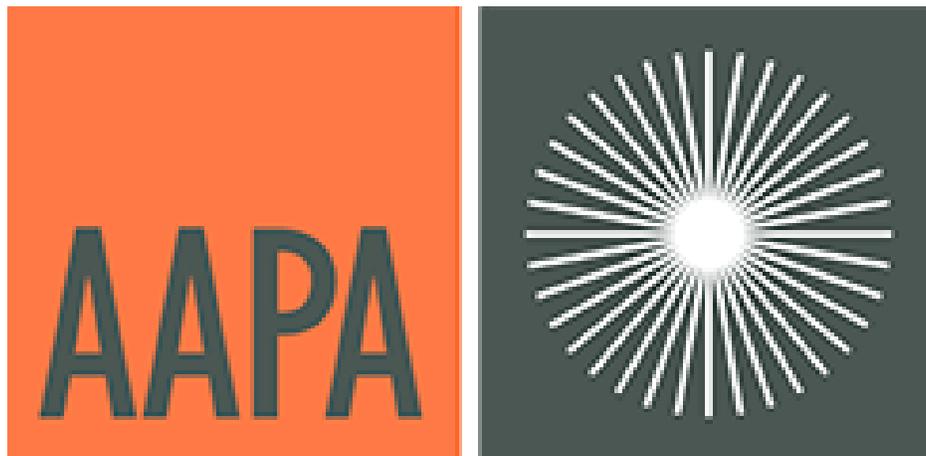
CONTINUE *"Why More Asian Americans..."* BY MATT LEE

useful" to their future careers.

And so, it's not just the topic areas in the courses I taught that were beneficial to students' learning, but by inhabiting my identities and sharing stories about growing up in different places, my students also appreciated where I came from, and learned not to assume that all people from the US were the same. I was able to leverage my experiences as an Asian American professor to create a space to talk about topics ranging from multigenerational conflict, being biracial or multiracial, filial piety, and the stigma around having a mental illness, to cognitive processes differing throughout the world, why people voted for Donald Trump, the need for affirmative action, the glass ceiling, hate crimes against LGBTQ+ people, and what football players were the best (obviously Messi, and I purposely used the term "football" instead of "soccer" to show cultural competence). I found during my time abroad that the more I showed interest in local culture and language, that audiences digested and savored the material as if it were a magnificent feast.

Many of us who are members of AAPA are trained in sound pedagogical or research methods and as such, we have gifts to impart to others via our teaching, and being Asian American, we also have the opportunity to showcase abroad who we are as people to help destabilize the monolithic idea of what the United States is. This is incredibly important in fostering outcomes of soft diplomacy to reveal that Asian American experiences are not all the same, and that experiences of people of color are also not identical. I loved that my students seemed to be so "woke" to our domestic issues: we broke down the Black Lives Matter movement, the inhumane incarceration rates of many people of color, and many more topics. Having consumed Western media (Netflix, BuzzFeed, and more) voraciously as well, my students and I had shared knowledge and experiences to be able to create a space for people from different backgrounds to discuss and discern different perspectives. By sharing stories related to foreign or domestic issues that impacted to me or people I knew, my students could empathize and also understand the course vocabulary on a much richer level.

I finished my Fulbright year with dozens of new personal and professional connections throughout Croatia, and I am still in frequent contact with faculty, students, and friends via all the normal channels, which helps to keep me apprised of their domestic issues as well. Teaching abroad and having conversations with people from other cultures is one of most edifying things we can do as professionals in how we might practice soft diplomacy. And so, this article is sort of a request to ask you to consider how you might practice soft diplomacy in your career. And to take a risk to go somewhere that has fewer people of Asian descent. I would be happy to consult with anyone looking for advice for applying to a Fulbright or a foreign visiting professor position.



OUR TEAM



SUNNY HO, MA, MEd
Co-Editor-in-Chief

Sunny Ho is currently a third-year doctoral student in the Counseling Psychology program at the University of Iowa. His research mainly focuses on social justice issues and multiculturalism. He is now investigating a construct called "neurasthenia," which is a cultural bound syndrome that exists mainly in the East Asian population. Other research focuses include minority stress caused by the intersectionality of social class, gender, and race, effectiveness of group psychotherapy, and international students' mental health. Clinically, he is working at the Intellectual Disabilities - Mental Illness Program (ID-MI Program). He also co-facilitates the Adult Dialectical Behavioral Therapy (DBT) group at the Department of Psychiatry of the University of Iowa Hospital and Clinics. In addition, he serves as a social justice advocate and develops outreach programs and workshops for students at the University of Iowa. Sunny is originally from Hong Kong and has spent his past 10 years in Seattle, the Midwest, and New York City.

Dr. Demanarig received her Ph.D. in clinical psychology at Alliant International University in Fresno, CA, and her B.S. in psychology (concentration in Asian American studies) at the University of Massachusetts-Amherst. Prior to her position at the University of Bridgeport as Assistant Professor, Dr. Demanarig worked in clinical outpatient settings with mostly adults, both individual and in group therapy. Her passion lies mainly in neuropsychological assessments that include ADHD and dementia test batteries. Her primary research interests include cultural competency in clinical practice, gender & multicultural issues, acculturation, and mental health issues among Asian Americans. As a professor at the University of Bridgeport, she has taught Introduction to Psychology, Abnormal Psychology, Psychology of Gender, Multicultural Psychology, Statistical Methods in Behavioral Sciences, and Research Methods. She is also active socio-politically in the state of Connecticut and is an advocate for gender and animal rights. Fun fact: Dr. Demanarig loves to travel and collect trinkets and artifacts (mostly shot glasses) from different countries. She loves hiking and rooting for her Boston sports teams. Go Pats!



DONNA LYNNE DEMANARIG, PHD
Co-Editor-in-Chief



ELISE CHOE
Copy Editor

Elise Choe is a third-year student in the Georgia State University, Counseling Psychology doctoral program. Elise earned her Bachelor's of Science in Psychology from the University of Georgia and her Master's of Science in Clinical Mental Health Counseling from Georgia State University. Elise's professional interests broadly focus on positive psychology, forgiveness, humility, religion/spirituality, bullying, and cultural differences. Elise is a second-generation Korean-American, who is fluent in both Korean and English. She enjoys traveling and seeing the world.

Stacy Ko is a fourth-year doctoral student in Counseling Psychology at Iowa State University. Prior to coming to Iowa State, she completed her Bachelor's degree in Psychology and Communication Studies and her Master's degree in Social Work at UCLA. Her research interests include body image concerns, perfectionism, and acculturation issues among Asians and Asian Americans. Clinically, she enjoys working with both individuals and groups on relationship concerns, interpersonal difficulties, and self-confidence/self-esteem issues. She also enjoys her work with Let's Talk at Iowa State University, which is an informal, free, confidential consultation service targeted toward students of color and others who historically face barriers to traditional counseling services. In her free time, Stacy enjoys exercise, reality television, cooking, and looking for small puppies she can pet.



STACY KO, MSW
Copy Editor

OUR TEAM



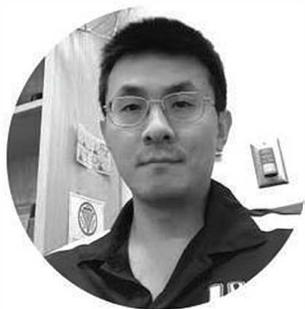
ASHA UNNI
Copy Editor

Asha Unni is currently in her third year of the School Psychology Ph.D. program at Texas A&M University. Her research interests include issues pertaining to ethnic minority populations (and also specifically South Asian populations), such as discrimination, ethnic identity, acculturation, and racial and gender biases. As a future school psychologist, she hopes to support marginalized students to find their voice in their schools and communities. One fun fact is that Asha is a "Third-Culture Kid," identifying as a second-generation Asian Indian who has lived in various places including Greece, Dubai, Saudi Arabia, London, New York, and Texas. One of her hobbies includes practicing photography on her two wonderful doggos, Ollie and Koda. She is very excited to serve as a copy editor for the AAPA newsletter team this year!

Marlena Wu has worked 9 years as a staff psychologist in a counseling center at George Mason University, which is a large public university, and currently is in a group practice called Potomac Psychiatry. Her clinical interests include psychoeducational assessment, ADHD coaching, and multiculturally sensitive therapy for adolescents and adults. As for social justice work, Marlena worked as a staff psychologist at a university counseling center, where she collaborated with other university faculty to provide diversity trainings for several years to academic and student life faculty and staff in the university with the intention of increasing awareness of one's own discriminative biases. Marlena has traveled to 29 countries and enjoys watching classic black and white movies.



MARLENA WU, PSYD
Copy Editor



XIN ZHAO, PHD
Copy Editor

Xin Zhao earned his Ph.D. in Combined Counseling, Clinical and School Psychology at Utah State University, and currently works as a psychology resident at Weber State University in Ogden, Utah. His research interests include group therapy and instructor approachability. He has advocated on behalf of international students, and challenged the university newspaper when they incorrectly concluded that international students are more likely to cheat on exams. The newspaper eventually issued a retraction. Xin likes to learn new languages, and is currently working on his fluency in Spanish. Occasionally, he enjoys learning to fix something from watching YouTube videos.

Natasha Yamane is a Master's student in clinical psychology at Teachers College, Columbia University. Upon graduating from Barnard College in 2012, she joined Different Roads to Learning, a small business that markets educational materials for young students on the autism spectrum. Inspired by her conversations and collaborations with families, teachers, and therapists, she returned to academia to pursue working with families of children with ASD in her future. Natasha currently works with Dr. Sylvie Goldman at the Columbia University Medical Center on a variety of projects investigating the neuropathology correlates of ASD in relation to the sensorimotor functioning and cognitive profiles of children. In addition, she works with Dr. Beatrice Beebe at the New York Psychiatric Institute, using video microanalysis of mother-infant interactions to predict attachment outcomes. In her free time, Natasha enjoys mentoring middle school girls, lifting weights, and playing the violin.



NATASHA YAMANE
Layout Editor

OUR TEAM



**INTHAVA BOUNPRA-
SEUTH-HAO, MA**
Columnist

Inthava Bounpraseuth-Hao has a Master's degree in Clinical Psychology. The majority of his professional work and advocacy has been with severely mentally ill patients, those living with HIV/AIDS, homeless individuals, and the LGBTQI communities in the Los Angeles County area. Inthava is currently working on his Pupil Personnel Services Credential in School Psychology at Alliant International University-Los Angeles. In the fall of 2018, he will be starting the PsyD in Educational Psychology program with an emphasis in School Psychology at Alliant International University. His research interests include the quality of relationships between students and teachers, LGBTQI students' well-being at school, as well as child neuropsychology. He is currently a substitute teacher and is on practicum at Pomona Unified School District. Inthava is also a substitute teacher at Claremont Unified School District. He hopes to become a doctoral level school psychologist at Pomona Unified School District which is where he completed his compulsory education. He is a member of the National Association of School Psychologists, the California Association of School Psychologists, and the Asian American Psychological Association. Inthava has been married to his husband, Mark, for two years now. They have been together for ten years, and are fathers to two fur babies, Pip and Grey. It is with great pleasure that he serves as an AAPA newsletter columnist and reporter.

Molly Moffitt is a graduate of Indiana University, Bloomington, and is currently pursuing her Master's degree in Clinical Psychology at Pepperdine University. Her current clinical interests are in multicultural counseling, and she hopes to research more aspects of Asian and Asian American coping mechanisms. She is additionally a research assistant at CBT/DBT California in Beverly Hills, and is a Student Key Contact for Congressional District 47. Student Key Contacts are students in each Congressional District who work with a Psychologist Key Contact and are willing to meet with legislators in their local offices. Fun Fact: Molly also has a Bachelor's degree in Mandarin Chinese! Molly's favorite hobby is studying and learning about other languages.



MOLLY MOFFITT
Columnist



SRUTHI SWAMI
Columnist

Sruthi Swami is a fourth year Ph.D. student in School Psychology within the Counselor, Clinical, and School Psychology program at the University of California, Santa Barbara. She is currently working with high school-aged youth. Her research interests are pretty broad, but she mainly focuses on school-based academic motivation and engagement in racial and ethnic minority youth, as well as youths' experiences of racism and discrimination within school systems and how that affects achievement and mental health. She is also trying to get into research related to Asian and South Asian populations as it relates to school-based mental health. In one of her research projects this summer, the research team she was a part of conducted an evaluation of LGB youth and their families' access to and utilization of county mental health services through conducting focus groups in community spaces. Sruthi believed it will be such a great project to be a part of because she could see how it would have a direct impact on the community. One fun fact about Sruthi is that she is a Yelp Elite, and proud of it! She is also on a South Asian cappella team that sings covers of American and Indian songs.

OUR TEAM



WELLS LING, MS
Distributor

Wells Ling is a Taiwanese-American who grew up in St. Louis, MO. He obtained his Bachelor's degree in Psychology and Sociology from the University of Illinois at Champaign-Urbana. He is currently working towards his PhD in developmental psychology at St. Louis University. Wells' research focuses on ethnic identity development among Asian American adolescents and how several factors influence the effects of discrimination on them. One fun fact is that Wells has 26 pairs of shoes in his closet at the moment. He also loves to rock climb in his spare time.



Announcements

Division on Practice (DoP) is proud to launch the DoP website!

As a division geared towards bridging the gap between research and practice as well as meeting the needs of our AAPA clinicians, we found that practitioners often experience feelings of isolation and disconnect. Thus, we thought it important to create a virtual space that is easily accessible for practitioners to connect to each other, create a community of like-minded practitioners, and share resources and information.

The DoP website can be found at <http://aapadop.wordpress.com>. It currently consists of information about our division, as well as an active blog that is updated monthly by writings from our DoP members.

We will continue to build up and fill out the website in incremental steps in the upcoming year, and would love your interest and support. Please check out our website and subscribe to our blog!

AAPA Executive Board is calling for nominations or self nominations for a new AAPA representative to APA Council of Representatives as Leilani Crane must step down for the time being due to family obligations. We are grateful for her enthusiasm and the commitment she has shown in adapting this important task. She has done an outstanding job stepping into the massive shoes of our previous CoR reps: Alvin Alvarez and Karen Suyemoto. All interested candidates are very welcome to contact any member of the AAPA EC, and we will send a formal call out on the listserv as well.

Agency Spotlight:

Waianae Coast Comprehensive Health Center. Many thanks to the team at WCCHC for hosting the APA Minority Fellowship Program Training Advisory Committee and providing a tour of the community center.

MFP TAC members were blown away by the warm traditional welcome, integration of medical and behavioral health care, the healing center, walking trails and medicinal plant gardens. Touring the Native Hawaiian Traditional Healing Center and meeting some of the Kapuna Council of Elder Master Healer advisors provided valuable lessons in how to practice truly culturally responsive and respectful health care. The site also features a gym for staff and patients, as well as a dining room and cafe where the MFP TAC enjoyed lunch and learned about the WCCHC APA accredited internship program and neuropsychology Post doctoral training programs.

Special thanks to: Dr. Tina Liu-Tom, Interim Director of Training (and Okura Fellow!); Dr. Kyle Kaliko Chang, Director of Ha Ola Village and Makani Tabura (Cultural Educator)

For more information: <http://www.wcchc.com/>

- Helen H. Hsu, PSYD

Asian American Psychologist Advertising Policy

Asian American Psychologist, the official newsletter of the Asian American Psychological Association (AAPA), is published 3 times yearly (Fall, Spring, Summer) and distributed to over 500 members of AAPA. For information on specific publication dates and advertising submission deadlines for upcoming issues, please contact the advertising editor. AAPA is a federally recognized nonprofit organization.

Advertising Rates and Typesetting

Typical display advertising rates are based on column length (see below). Each advertising column is approximately 2-1/4 inches wide. There are 3 columns per newsletter page. The advertising rates are:

- 3-inch column ad = \$60.00
- 6-inch column ad = \$90.00
- 9-inch column ad = \$120.00

Requests for alternative typesetting for an ad can most often be accommodated at no extra cost. The rate billed will be based on the page area covered that corresponds to the advertising rates shown above.

Submission of Ads

It is recommended that text-only ads be submitted via email MS Word format to the advertising editor (see below). If special graphics are desired to appear in the ad, submission of camera-ready copy which conforms to the ad sizes described above is required. The name and complete mailing address of the person or institution to be billed must accompany the submission of the ad.

Submit ads by email to: Sunny Ho (sunnyhoyc@gmail.com) or Donna Lynne Demanarig (ddemanarig@gmail.com).

Billing

A billing statement will be sent after an ad is successfully submitted. It is the policy of AAPA that in the event there is a delay in the publication of the newsletter such that your application deadline is missed, you will not be charged or we will fully refund your payment. Payment must be a check or money order made payable to "AAPA" (we cannot process credit cards payments).

2017–2018 AAPA Officers

President

Helen Hsu, PsyD

Vice President

Richelle Concepcion, PsyD, MPH

Finance Officer

Nellie Tran, PhD

Membership Officer

Frances Shen, PhD

Communications Officer

Andy Paves, PhD

Secretary/Historian

Amy Kobus, PhD

Elected Observer to APA Council

Karen L. Suyemoto, PhD

Board of Directors

Marcia Liu, PhD

Ulash Dunlap, LMFT

Norie Lim, PhD

Ming-Che Tu, MA (Student Rep)

Editor-in-Chief, *Asian American Journal of Psychology*

Bryan S. K. Kim, Ph.D.

Founding Editor, *Asian American Journal of Psychology*

Frederick T. L. Leong, Ph.D.

Chair, Division Council of Representatives

Monique Shah Kulkarni, PhD

Co-Editors-in-Chief

Donna Lynne Demanarig, PhD

Sunny Ho, MA, MEd

Distributor

Wells Ling, MS

Copy Editors

Kathy Young, PhD

Darcy Ing, PsyD

Xin Zhao, PhD

Marlena Wu, PsyD

Stacy Ko, MSW

Elise Choe

Susan Han

Asha Unni

Rohini Bagrodia

Layout Editor

Natasha Yamane

Columnists/Reporters

Darcy Ing, PsyD

Zeb Lim

Stacy Ko, MSW

James Lee

Inthava Bounpraseuth-Hao, MA

Sruthi Swami

Molly Moffitt